

Mind-Body Medicine In the Treatment of Posttraumatic Stress Disorder

LTC Richard P Petri, Jr., MC

Director, Center for Integrative Medicine

William Beaumont Army Medical Center

~A Department of Defense First~

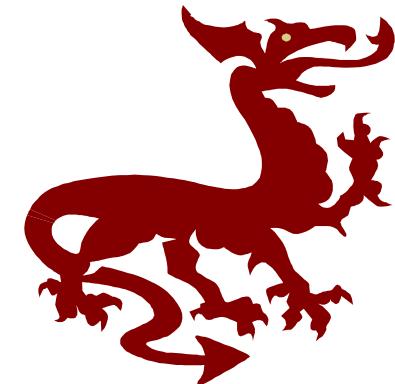
10th Annual Force Health Protection Conference

USACHPPM

Louisville, KY

8 August 2007

Deployment Health Track



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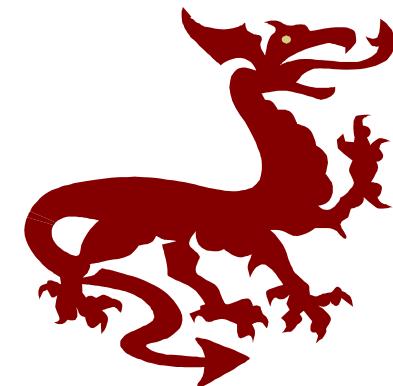
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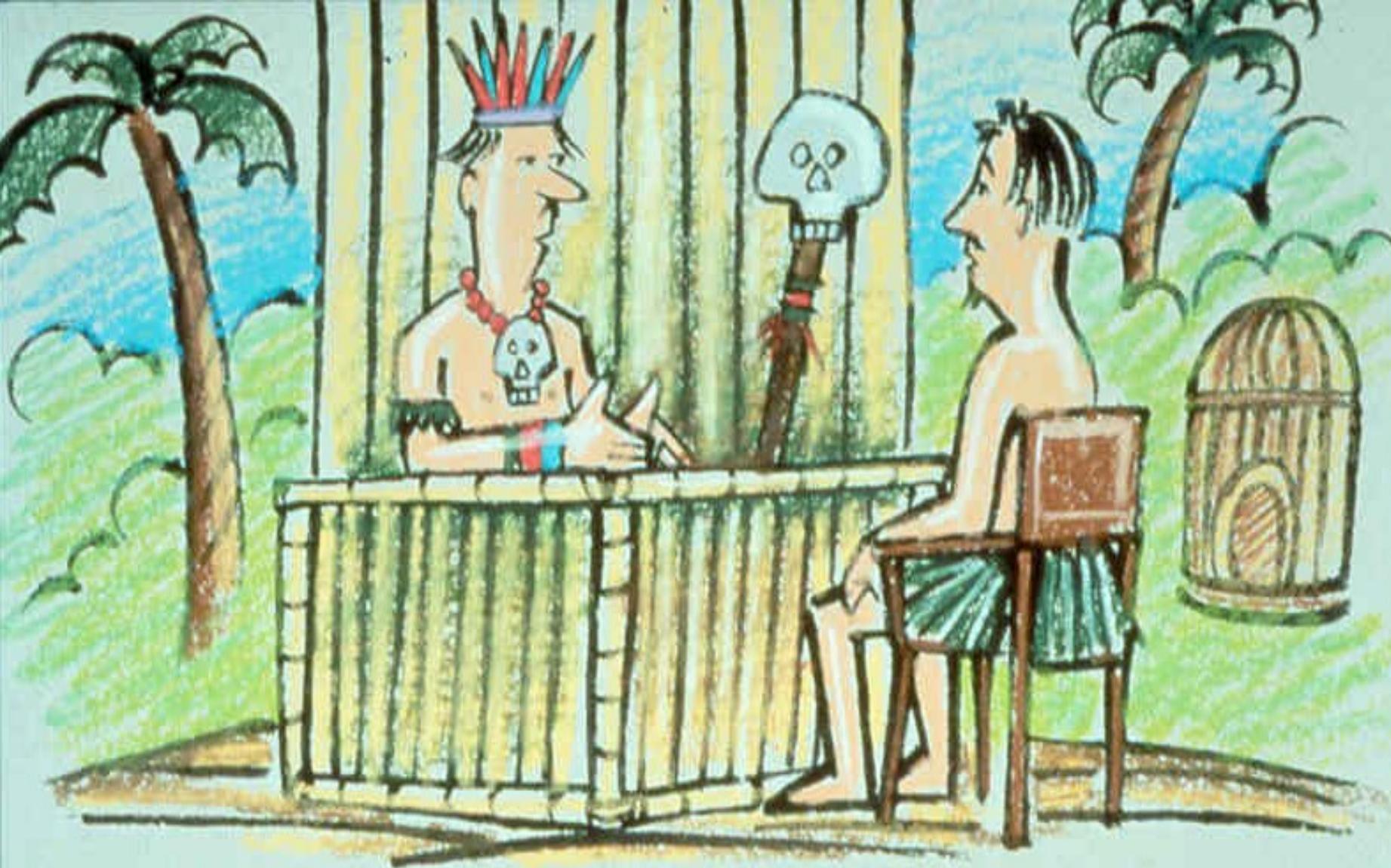
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Behavioral Health Track



Presentation Objectives

- Understand basic Mind-Body Medicine
- Examine the evidence for Mind-Body Medicine
- Understand the importance, now and in the future, of Mind-Body Medicine especially as it relates to the Government and Military in the treatment of Posttraumatic stress disorders and stress management
- Review proposed initiatives within the DoD



CARTOON BY PETER STEINER. REPRINTED WITH PERMISSION.

"I'M TRYING SOME ALTERNATIVE THERAPIES. THIS ONE IS
CALLED 'TAKE-2-ASPIRIN-AND-CALL-ME-IN-THE-MORNING'."

A Return to the Basics



The History of Alternative Medicine



2000 BC

**“Where is my
root?”**

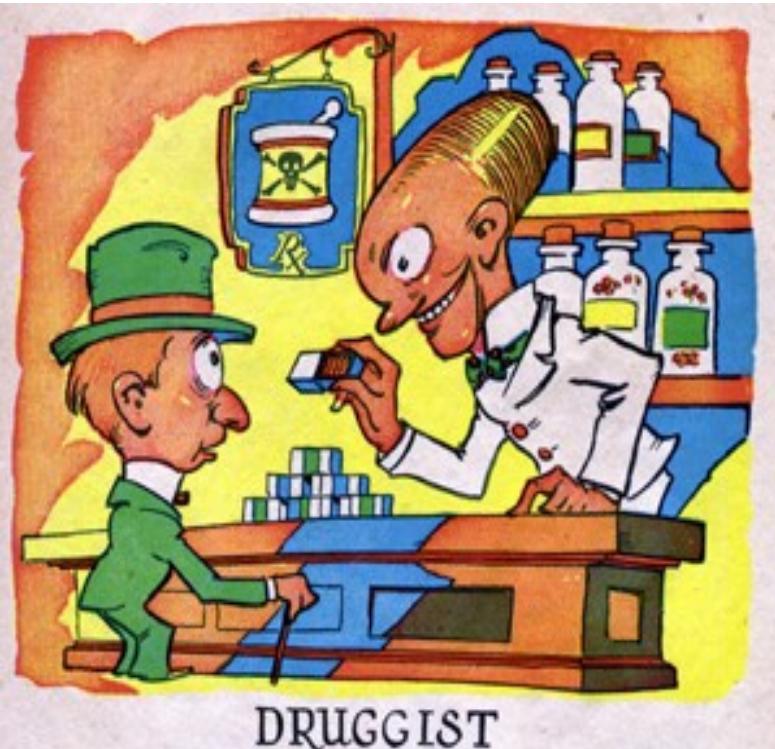
The History of Alternative Medicine

1000 AD

**“That root is heathen, say this
prayer”**



The History of Alternative Medicine



The skull and cross bones represent
Your so-called "occupation"—
You're "poison" to the universe,
A pill's in your head's location.

1850 AD

**"That prayer is
superstition, drink
this portion"**

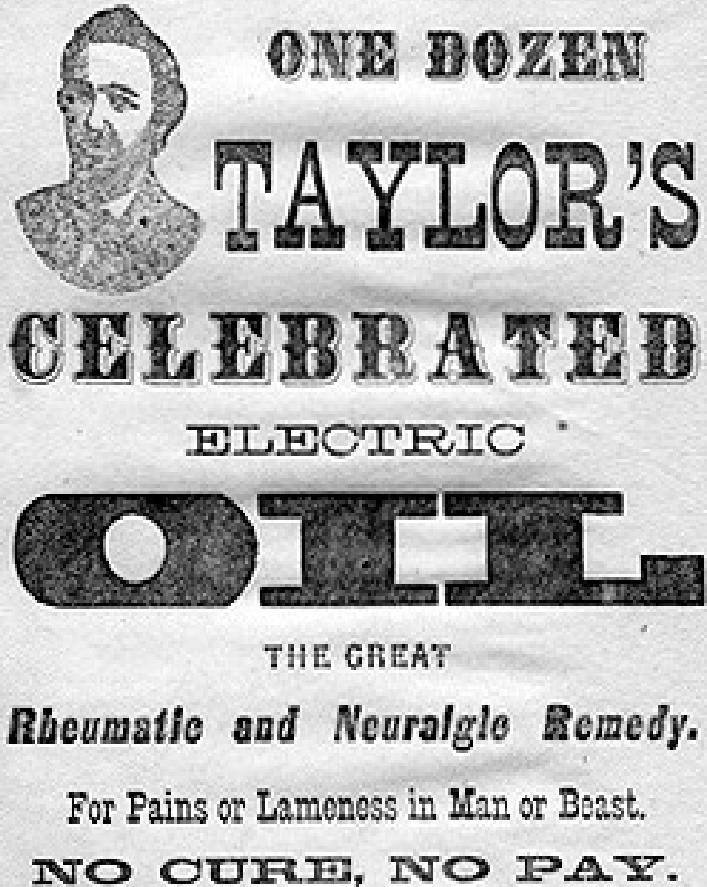


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The History of Alternative Medicine

1900 AD

“That potion is snake oil, swallow this pill”



The History of Alternative Medicine



1945 AD

"That pill is ineffective, take this antibiotic"



The History of Alternative Medicine



AD 2000

**That
antibiotic is
artificial, eat
this root”**

NCCAM Classification of CAM Therapies



- Alternative Medicine Systems
- Biologically based therapies
- Manipulative and Body-Based methods
- Energy Therapies
- **Mind-body interventions**

CAM Modalities

- Megavitamin and Orthomolecular Therapy
- **Diet Therapy**
- Biologics
- Clinical Ecology and Environmental Medicine
- Hypnotherapy
- **Relaxation**
- **Meditation and Mindfulness**
- **Transcendental Meditation**
- **Imagery**
- Radionics
- Music Therapy
- Sound Healing
- **Art Therapy**
- Light Therapy
- Prolotherapy
- EDTA Chelation Therapy
- Behavioral Kinesiology
- Electrodermal Diagnostics
- Magnetic Therapy
- Natural Hygiene
- Cayce-Based Therapy
- **Psychic Surgery**
- Medical Acupuncture
- Phytomedicine
- **Shamanistic Practices**
- Spiritual Healing
- Bioelectromagnetic Effects on Health and Disease
- Massage
- Other Bodywork Approaches (Rolfing, Alexander Technique, Feldenkrais, Orthobionomy, Trager, Reflexology)
- Therapeutic Touch
- Qigong
- Yoga
- Other Energy Approaches
- (Reiki, Shen, Polarity, Wirkus, Brennan)
- Cranial/Sacral Therapies
- Bioenergetics and Orgonomic Medicine
- Biofeedback
- Neurobiofeedback
- **Behavioral Medicine**

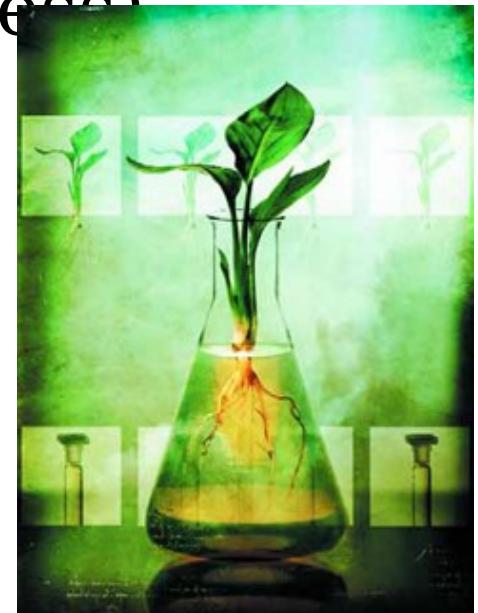




"Let me through, please-
I'm a homeopath!"

Public's Concerns With Conventional Medicine

- Cost (14% of GNP)
- Safety (11% of hospitalizations iatrogenic)
- Success (aging and chronic illness)
- Technology and knowledge (depersonalization)
- Role of science in medicine



CAM in the United States

- 42.1% of patient seek CAM treatments
- 72% conceal use from doctors
- 83% use in combination with conventional medicine
- 21.2 billions of dollars per year spent ¹
- More visits than to Primary Care (60M)
- “Minor” treatments include weight loss, performance enhancement, self-care, pediatrics



¹Eisenberg DM, Davis RB, Ettner SL, Appel S, et al. Trends in alternative medicine use in the United States. Journal of the American Medical Association. 1998;280: 1569-1575
Updated Tindle, H., Davis, R., Phillips, R., Eisenberg, DM, Trends in Use of Complementary and Alternative Medicine by US Adults: 1997-2002. Alternative Therapies in Health and Medicine Jan/Feb 2005 Vol 11 (1), 42-49.

Military usage of CAM?

- Military has a higher percentage of usage than the general public at 81% ²
- Herbal use has the highest usage ^{1,2}
- Low back pain is the most common reason patients use CAM ³



¹ Tindle et al Trends in use of complementary and alternative medicine by US adults: 1997-2002 *Altern Ther Health Med* 2005 Jan-Feb; 11(1): 42-9

² McPherson F, Schwenka MA, Use of complementary and alternative therapies among active duty soldiers, military retirees, and family members at a military hospital *Mil Med* 2004 May; 169(5):354-7

³ Sherman, et al, Complementary and alternative medical therapies for chronic low back pain: What treatments are patients willing to try? *BMC Complementary and Alternative Medicine* 2004, 4:9

So, who is really outside the box?



The Box



Patient Centered Care

**Active
Patient
Participati
on in
Healthcare**

Current Medical Practices

Synthetic Pharmaceutical
Regimens
Prescription without care
Disease Centered
Passive Patient Role
~~Success based on cure~~

**A return
to self
care**

**Healing over
cure**

The Paradigm Shift



Premiere Issue

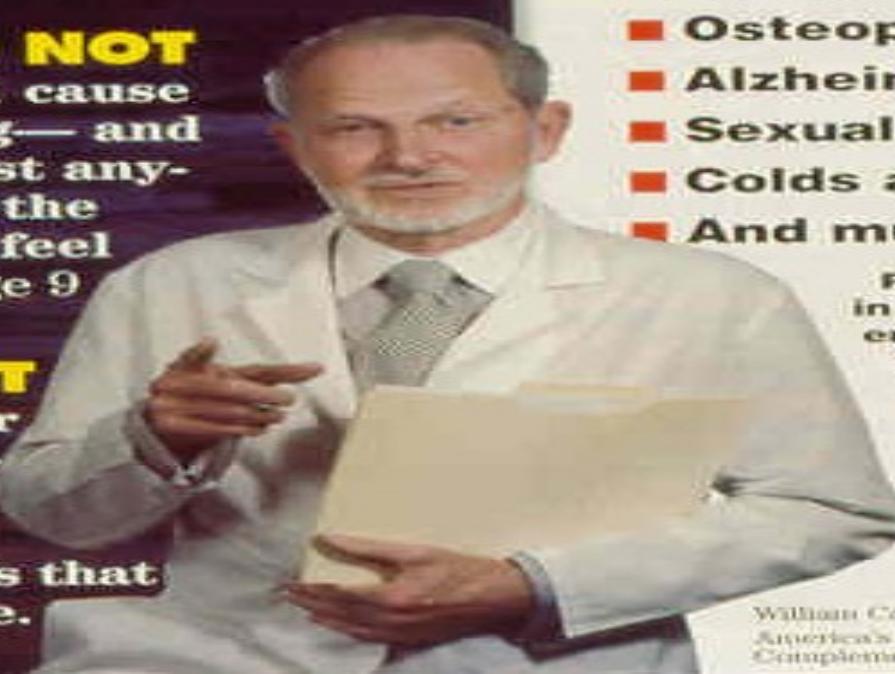
SAY GOODBYE TO ILLNESS!

Sickness Is NOT Natural!

Three easy ways to jump-start your immune system—and live a longer, healthier, more active life! Page 3—inside!

"Old Age" Is NOT Natural! The #1 cause of premature aging—and a simple way almost anyone can turn back the hands of time and feel years younger! Page 9—inside!

Drugs Are NOT Natural! Sinister side effects of commonly-prescribed drugs. And safe, natural alternatives that are just as effective. Page 8—inside!



INSIDE:

Safe, drug-free cures for:

- Heart Disease
- Chronic Fatigue
- Osteoporosis
- Alzheimer's
- Sexual Problems
- Colds and Flu
- And much more!

Proven to work in over 6,100 scientific studies... yet 9 out of 10 doctors will never prescribe them!

Learn the surprising reason why, inside...

HEALTH 2000

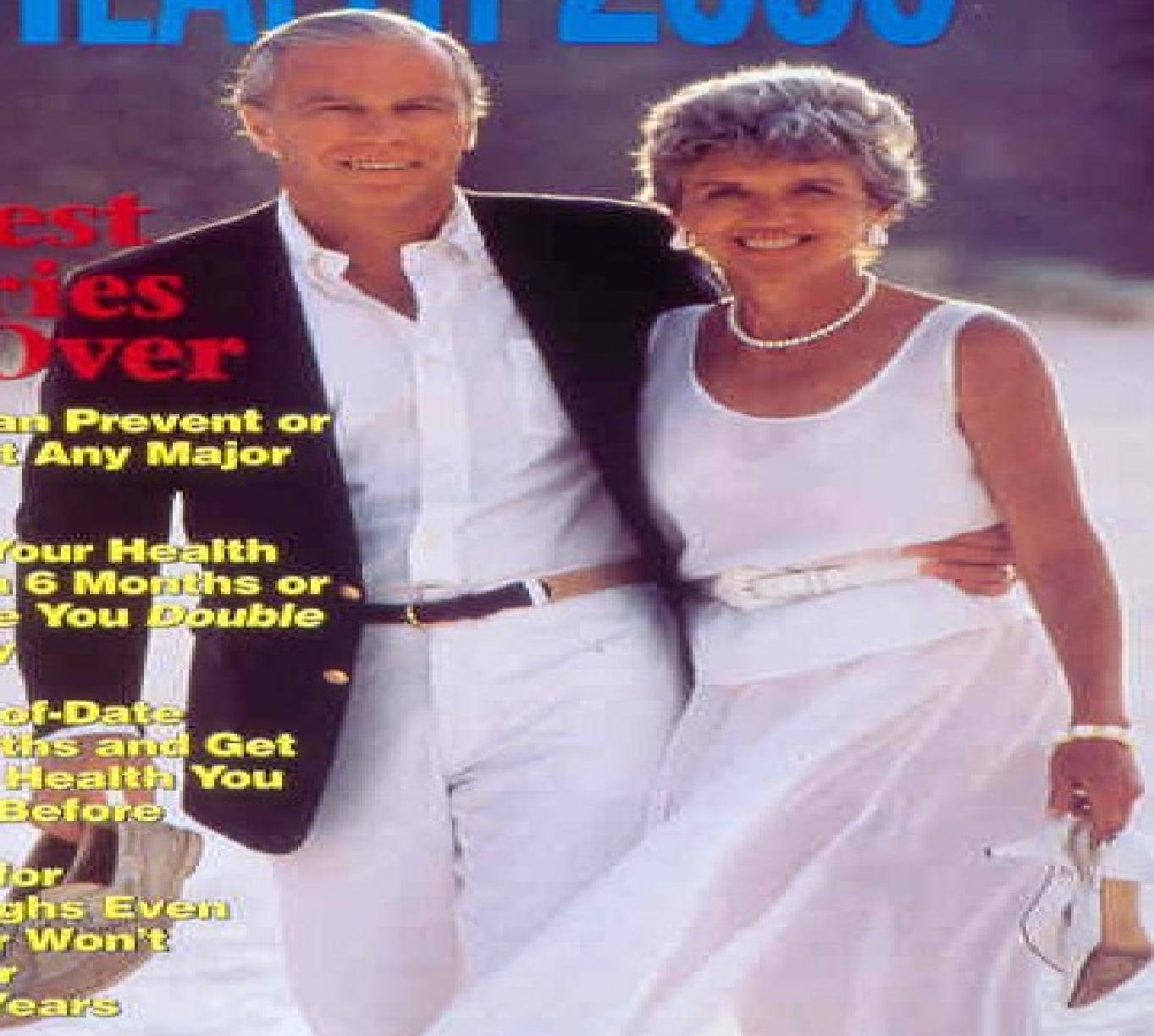
**Your
Biggest
Worries
Are Over**

**You Now Can Prevent or
Cure almost Any Major
Illness**

**Get Rid of Your Health
Problems in 6 Months or
Less—While You Double
Your Energy**

**Forget Out-of-Date
Medical Myths and Get
the Kind of Health You
Never Had Before**

**See Inside for
Breakthroughs Even
Your Doctor Won't
Discover for
Another 5 Years**





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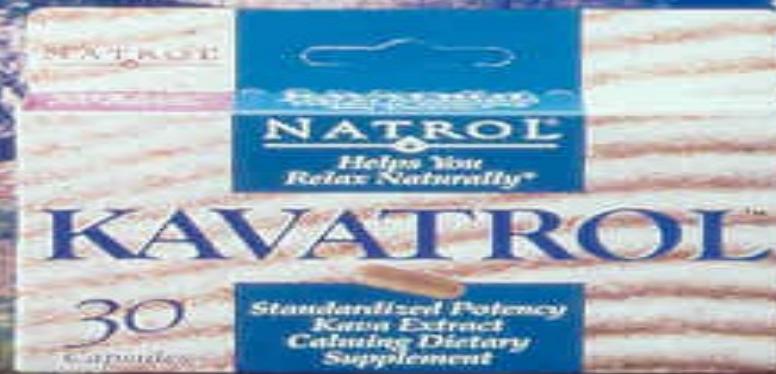
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Is Natural Really Natural?

What is it?

Amyl acetate, amyl butyrate, amyl valerate, anethol, anisyl formate, benzyl acetate, benzyl isobutyrate, butyric acid, cinnamyl isobutyrate, cinnamyl valerate, cognac essential oil, diacetyl dipropyl ketone, ethyl acetate, ethyl amyl ketone, ethyl butyrate, ethyl cinnamate, ethyl heptanoate, ethyl heptylate, ethyl lactate, ethyl methylphenylglycidate, ethyl nitrate, ethyl propionate, ethyl valerate, heliotropin, hydroxyphenyl-2-butanone (10 percent solution in alcohol), α -ionone, isobutyl antranilate, isobutyl butyrate, lemon essential oil, maltol, 4-methylacetophenone methyl antranilate, methyl benzoate, methyl cinnamate, methyl heptine carbonate, methyl naphthyl ketone, methyl salicylate, mint essential oil, neroli essential oil, nerolin, neryl isobutyrate, orris butter, phenethyl alcohol, rose, rum ether, γ -undecalactone, vanillin, and solvent.

Natural Strawberry Flavoring

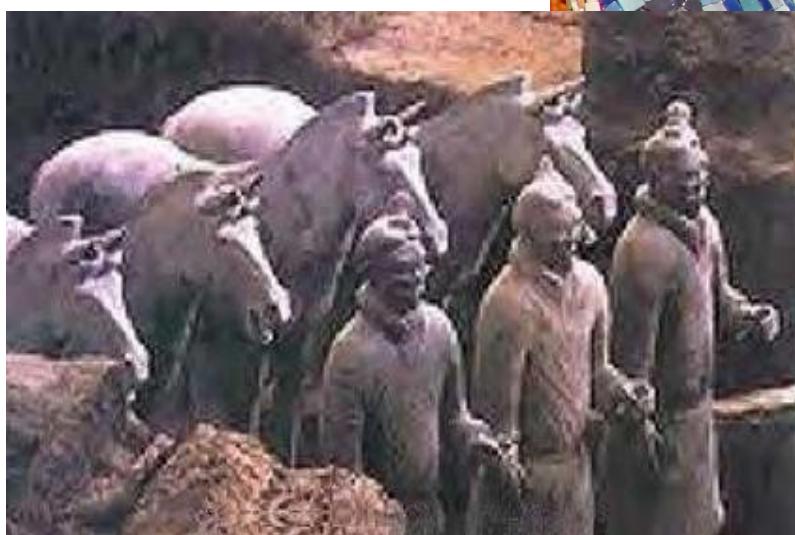
Looking Back

Can We Learn from Our Past?



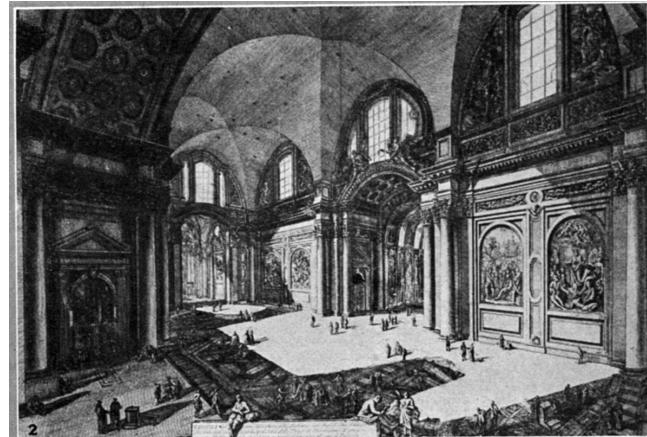
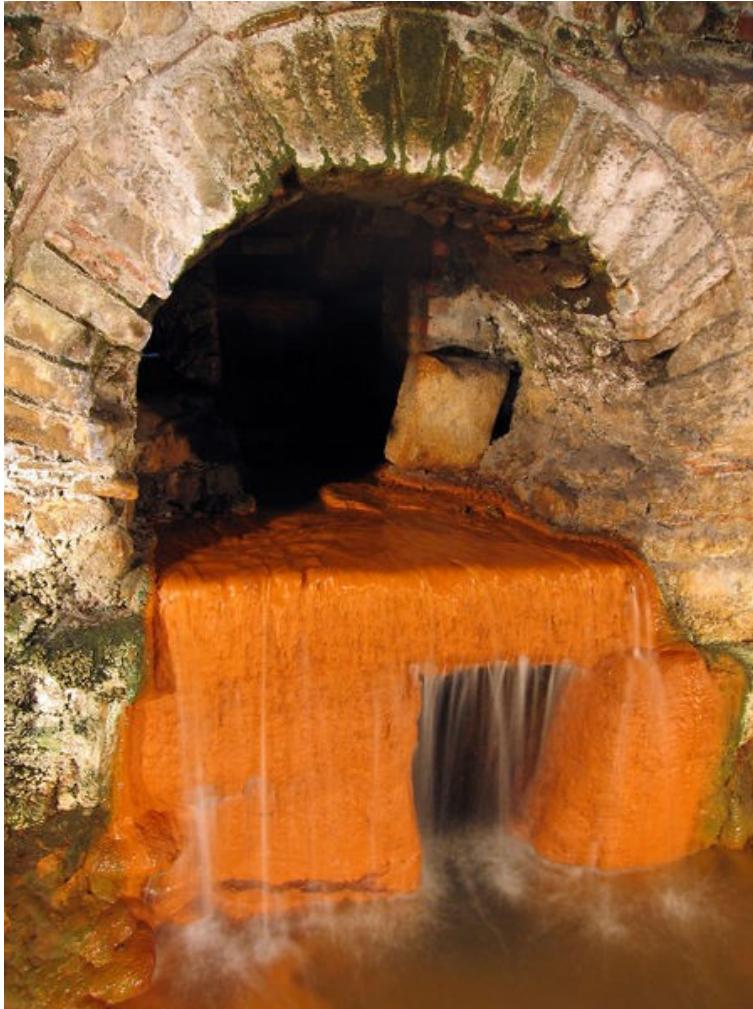
The Ancients

- Chinese
- Samari
- Greek
- Roman



The Spa of Restoration

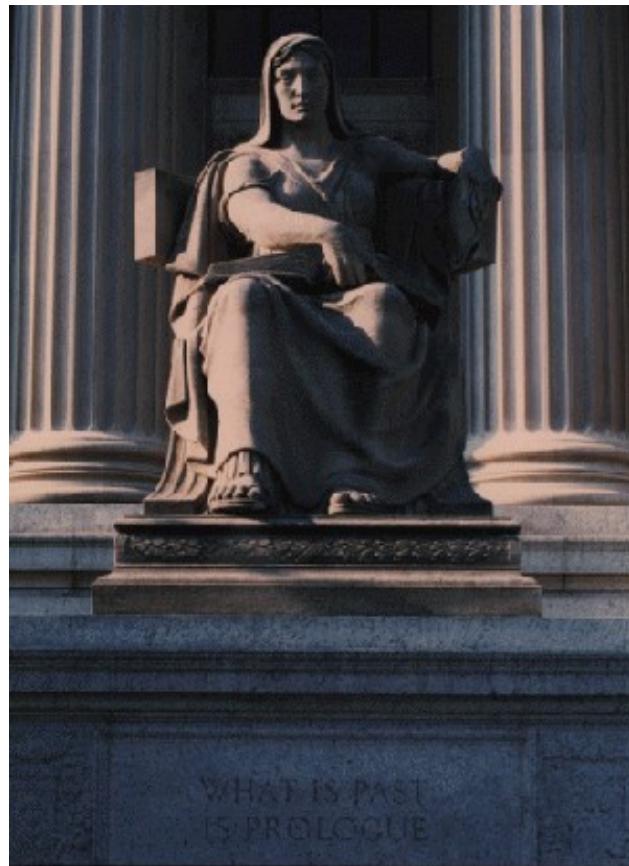
Reward or Necessity?



The Roman
Spas

Looking Forward

Can We Avoid the Past?



Sharpening the Warrior's Sword



- Focus
- Discipline
- Determination
- Purpose
- Tenacity

Taking it to the Warrior's Edge

- Warrior culture
- Time Heals all wounds
- Life as a series of moments
- Army of One is now Army Strong
- Empowerment without Stigmatization
- How to make it “macho” to ask for help



Mind-Body Medicine

- Historical Perspective
- Mind-Body as Self Care
- Modalities of Mind-Body Medicine
- Evidence for Mind-Body Medicine in P



Self Care Practices

- Self awareness
- Relaxation
- Meditation
- Guided Imagery
- Exercise
- Biofeedback
- Nutrition



Proposed Initiatives

- Healing the Wounds of Our Warriors (HTWOW)
- RESET
- VALUE

Revolutionary or Evolutionary?

